

TACRON TWELVE APRIL/MAY 2011

FROM THE CAPTAIN'S DESK...

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TALONS and TALON Families,

Happy 60th Anniversary! TACRON 12 was originally commissioned on Naval Air Station, North Island, San Diego California on May 5, 1951. The squadron then trained until 20 June 1951 at which time 16 Officers and 33 Sailors embarked the USS ESTES (AGC-12) for its first tour of duty to WESTPAC.

Our predecessors provided the building blocks for today's premier TACRON squadron!

Fast forward 60 years, and although the aircraft are much faster, the ships have a lot more complicated gadgets and the weapons are exponentially more powerful, it is still YOU that makes this all work. Working together, you, your shipmates and your families bring this command to life and keep it running.

Since my last newsletter, Detachment FOUR Officers and Sailors onboard the USS ESSEX found themselves directly involved in providing relief support to Japan after one of the most devastating natural disasters in recent history. After the 9.0 earthquake and subsequent tsunami ravaged the eastern coast of Japan on March 11, 2011, your Sailors supported Operation TOMODACHI by controlling Marine and Navy helicopters carrying over a million pounds of relief aid to Japanese survivors.

We also welcomed back one of our shipmates, IT1 (SW) Jeremy Fecteau, after an arduous eight month tour of duty in Afghanistan. IT1 (SW) Fecteau received a well-deserved "hero's welcome" by his TALON shipmates upon his return to San Diego.

Clearly, our Sailors are accomplishing the mission. I ask that we continue to support each other, particularly as we approach the summer season. Historically, the potential for mishaps rises since many of us will be outside enjoying recreational activities or traveling with our families to vacation spots. However, most of these activities can be done safely as long as we use common sense and use the proper equipment.

Keep moving forward TALONS! I could not be more proud of where the squadron is today.

Sincerely,

CDR Mel Yokoyama, USN Commanding Officer, TACRON TWELVE





Hello Talons! Summer is just around the corner and that means beaches, barbecue and tons of outdoor fun! Summer also brings a rise in outdoor mishaps and weather related safety hazards so please be cautious and careful while enjoying your summer in sunny San Diego.

Take advantage of all of the on-base resources to help you make the most of your summer. Have fun and be safe!



BICYCLE SAFETY



Source: http://www.aap.org/family/bicycle.htm

Source: http://www.aap.org/family/tbikmyth.htm

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6.
 Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to http://www.aap.org/family/bicycle.htm.
- Oversized bikes are especially dangerous, buy one that fits now.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home.
 Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets.
 Children learn best by observing you. Set the example: whenever you ride, put on your helmet.
- When purchasing a helmet, look for a helmet with a CPSC safety sticker.
- A helmet protects your child from serious injury, and should always be worn. Remember,
 wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.



Source: http://www.aap.org/family/tipppool.htm

- Never leave children alone in or near a pool or spa, even for a moment!
- Keep rescue equipment (a shepherd's hook a long pole with a hook on the end and life
 preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue
 equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life
 vests and can give children a false sense of security.
- Children age 4 and older should be taught how to swim. Parents may choose to start swimming lessons before age 4 if their children are mentally ready, but swimming programs should never be seen as "drown proofing" a child of any age.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length.
- Avoid Entrapment: Suction from pool and spa drains can trap an adult underwater. Do not use a
 pool or spa if there are broken or missing drain covers.
- Large inflatable above-ground pools have become increasingly popular for backyard use.
 Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.



THE FOLLOWING AREAS PROVIDE PICNIC FACILITIES:

Mariner's Park

Across the street from NEX/Commissary Complex Wabash Blvd

Naval Base San Diego - Phone: 556-7444

Snyder Hall

Norman Scott Road next to Snyder Hall Bachelor Housing Naval Base San Diego - Phone: 556-7444

Harbor side

Next to Harbor side Fitness Center, Bldg 347 Naval Base San Diego - Phone: 556-7444

Gator Beach Cabanas

Naval Amphibious Base - Phone: 437-3028

NMAWC Picnic Area

Reservation/approval required.

Forms and information available at Bldg. 17A, NMAWC

Naval Mine & Anti-Submarine Warfare Command (NMAWC) - Phone: 524-5465

Smuggler's Cove

Reservation/approval required.

Forms and information available at Bldg. 1, SUBASE Naval Base Point Loma, Main Base - Phone: 553-0934

NAB Turner Field

Corner Bougainville Rd & Eniwetok

Gazebo for command parties, double built-in barbecue grills, extensive field space for party equipment. By reservation only.

Naval Amphibious Base, Bldg 162 - Phone: 437-3065

LOCAL AREA GOLF COURSES



Admiral Baker Golf Course

Located in the Mission Gorge Area, the Admiral Baker Golf Course is centrally located and easily accessible from Interstates 8 and 15. Two 18-hole courses are available at Admiral Baker along with a beautiful clubhouse and golf shop.

Address:

2400 Admiral Baker Road, #3604 San Diego, CA 92120 Ph: (619) 487-0090

Hours of Operation:

Open daily. Call for a tee time!

Mon-Fri: 6 am-dusk*

Sat, Sun and Holidays 6 am-dusk*

Ph: (619) 487-0090

Sea 'N Air Golf Course

Experience a new layout offering a more diversified set of tees to match all skill levels, improved pace of play, greater challenge and new water features. Plus, completely redesigned holes 14 & 15 for safer play, a picturesque coastal view, longer holes and more difficult pars.

Address:

Naval Air Station North Island, Bldg. 800

Hours of Operation:

For Tee times please call (619) 545-9659

Open daily. Call for a tee time!

Mon-Fri: 6 am-dusk*

Sat- Sun: 5:30 am-dusk*

*Call for specific closing hours

(619) 545-9659

Naval Base Golf Performance Center

For the golfer who is interested in improving his game, the Naval Base Golf Performance Center offers four holes (three tee boxes on each hole) for approach shot practice, a short game practice area, putting green, 12-station full swing enclosed range, fully-stocked golf shop, professional equipment fitting and private and group instruction all at reasonable prices.

Address:

Naval Base San Diego, Bldg.348

Hours of Operation:

Daily 8 am-dusk Call for closing hours Hours subject to change based on conditions. No tee time necessary (619) 556-7502

GET IN SHAPE FOR SUMMER!



Friendly Fitness with MWR!

Good news parents! MWR has four Family Friendly Fitness Centers NOW open. Each specially designed exercise area features cardio and strength training equipment with an enclosed child play area. Get a great workout and keep an eye on your children...it is a win-win! Family Friendly Fitness Centers are at the following locations:

Naval Base Point Loma Gym: NBPL – Bldg. 1 – 619-553-7552

Indoor Racquetball Courts: NBSD – Bldg. 3317 – 619-556-7452

Peak Physique: NAB – Bldg. 170 – 619-437-2984

Sports Warehouse Gym: NASNI – Bldg. 651 – 619-545-0237

Det FOUR Super Tour: One Month Down...By AC3 Jennifer McIntosh



Many people ask, "What exactly does TACRON do on a deployment?" It's never easy to describe to those who have never been a part of a TACRON. To sum it up: working in TACC, port visits, and of course, the Habu Hilton.

Detachment 4 left San Diego on January 18th to head out on, for some, their very first deployment, and for others, their very last. We arrived in Okinawa, Japan and stayed on Kadena Air Force Base, getting to know the locals and learning to drive on the "right" side of the road (which is actually the left side).

Our time was mostly spent on base, seeing as it was a little intimidating to venture outside the gates, especially for the first- timers. When we weren't on base, groups explored the shops outside of Kadena Air Base's Gate 2 and at American Village. Even with different schedules, some always managed to meet up quite frequently at Chili's or the BX.

Before we knew it, it was time to board the USS ESSEX (LHD 2). We packed up our gear in cargo vans and drove to White Beach, getting lost in the process. The "Black Pearl" was in the distance when we arrived, making her way to the pier. The time to leave was getting closer, and we were getting excited.

We carried pelican cases, boxes and TVs up to TACC along with suitcases and seabags to our respective berthing. If any of us weren't ready to go, now was the time to get ready.

For the first three weeks, evening and day crews manned TACC during Flight

Operations, training on positions and getting qualified as we worked Exercise COBRA GOLD

off the coast of Thailand. We created and updated airspace briefs for the pilots, ensuring they
had all the required information for a safe flight.

Finally, just like the Marine Units and our Marine Augmentation Team members had been, it was our turn to go ashore. We spent 4 days and 3 nights in Pattaya Beach, Thailand taking in the sights and going on tours. It was a whole different world of bargaining, Baht Buses, and riding elephants. It was truly a life changing experience that gave us an appreciation for the differences between their culture and our own.

Our next mission was TSC Cambodia and our next port was Sihanoukville, an up and coming tourist town. Thirteen members of TACRON TWELVE (CDR Martin, LCDR Kosloski, OSC Rowlands, AC1 Holloway, AC1 Jones, IT2 Napalan, AC3 Harkins, AC3 Le, AC3 McIntosh, ACAN Dryburgh, YNSN Steinke, OSSN Crump, and AN Montano) volunteered for a Community Relations at the Cambodian Goodwill School where we read books, spoke with the children, played sports and were challenged in playground games. After the games, we cooled down inside the classrooms and painted with the younger children while some of the students entertained us with a dance performance. The experience was fun and memorable for all of the volunteers and children alike.

Looking at the surroundings in Thailand and Cambodia, it really puts into perspective just how lucky we are to have fresh water, food and even basic hygiene utilities. As time continues on this deployment, we look forward to our future exercises, ports, and adventures that will change all of our lives forever.



TACRON TWELVE sailors attended the Summer Safety Stand Down at Naval Air Station North Island Lowry Theatre on May 17. Safety stand downs provide safety information on motorcycle safety, distracted driving, aggressive driving, driving fatigue, seat belts, drinking and driving, recreational off-duty safety, and recognizing hazards and unsafe conditions.

Statistically, most fatalities and serious injuries to Sailors and Marines are between Memorial Day and Labor Day; so prior to this period, information and training is provided as a reminder. Training such as this shows the importance of each and every Sailor at TACRON TWELVE and the Command's commitment to keep every shipmate safe and healthy during the summer months and year round as well.

Guest speakers discuss new laws, seat belt usage and drunk driving emphasizing the impact of individuals driving impaired, whether it is alcohol, texting or inattention, and the resultant senseless loss of lives. Speakers for the annual event include a Command Drug and Alcohol Advisor (DAPA), who addresses acting on impulse and how important it is to think about one's actions thoroughly and not fall prey to peer-pressure or engage in destructive activities. DAPA provides activities other than drinking to show Sailors that having a good time doesn't have to involve alcohol.

Summer time always brings up hazardous occasions where personnel lack situational awareness. It is important to get Sailors to recognize that if something is too dangerous, they should make the choice to not participate in that activity. If hazards can be eliminated or reduced

to an acceptable level through proper training or evaluating the situation, the individual will be able to conduct the activity safely.

Safety is paramount to what we do in the Navy, both on and off duty. My hope is that after this stand down, some nagging reminiscence will prompt the Sailor to click that seat belt each and every time, to have a plan before going out for drinks, to get a good night's sleep before a long trip, to pull over and rest if feeling fatigued on the road, to ride motorcycles safely, boat with life vests, and never text while driving. If this stand down saves one life, it was a worthwhile investment of our time and resources.



After winning the Spring Flag Football, The Tacronites came into this season looking to preserve their title. With the majority of last year's team lost due to Det FOUR's departure to Okinawa, Japan TACRON 12 and 11 combined manpower to form one team. The Tacronites began the season with a heart breaking one point loss, but finished the season with a winning record of 5-2. Thank you everyone who came out to support the Tacronites this season!

Welcome Aboard!

Capt Thompson
LT Willcox
ACC Saalfrank
OS1 Tuiasosopo
LS1 Salamanca
ACAN Nguyen

Fair Winds and
Following Seas...

081 Gonzalez

AC2 Cordova

AC2 Cayer



APRIL BIRTHDAYS

AC3 ANDREWS- 4/9 LT CASON- 4/11 YN3 HOFMANN- 4/19

MAY BIRTHDAYS

OS2 MEDINA- 5/1 LT COOK- 5/2 AC3 CONTI- 5/4 AC2 WHITT- 5/9 OSSA CROWE- 5/13 AC1 ROSE- 5/14 AC2 CAYER- 5/14 AC3 DAIGLE- 5/16 AC2 GORDON- 5/27 AC3 HARKINS- 5/29